

Advanced Laboratory Course in Psychology 2

Syllabus Number

SEM-302

Compulsory 2
credit

TAKANASHI, Rieko

1. Course Description

The aim of this course is to learn the theory of cognitive behavioral therapy and design research on various factors related to mental health that the theory targets. The themes of researches also focus on various stress responses in daily life and familiar emotional states such as anxiety, depression, satisfaction, motivation and so on.

In the fall, based on the interests and the plans made in the previous semester, surveys or experiments are conducted by individuals or groups, and are analyzed, considered, presented, and reported.